

The road to a HEALTHY YOU begins with **one step.**

As the second semester gets underway we hope you participate in some events that will be held on campus over the semester to help you find your path to greater health and well-being.

These programs are offered in partnership with Harvard Pilgrim Health Care and The Boston Consortium for Higher Education's HEALTHY YOU program. Boston College Bookstore raffle prizes will be provided at all sessions. Lunch will be provided at all Shea Room sessions. Raffle tickets for each event will be included in **our grand prize drawing at the end of the semester to win an iPad.** For more information on the Boston College HEALTHY YOU program for faculty and staff, visit www.bc.edu/healthy-you, www.harvardpilgrim.org/bostoncollege, or www.healthyyouhmi.org.

FEBRUARY

Go Ahead...Make My Plate - presentation



February 7
Conte Forum Shea Room
12:00 p.m. – 1:00 p.m.

The old Food Guide Pyramid has taken a backseat to the sleeker ChooseMyPlate icon as the guiding tool for consumers on nutrition. Come learn the updated twists on making healthy food choices easier. Discover that it is more about what to eat and less about what to avoid. With this positive spin on nutrition, ring in the New Year with new ideas for eating healthy.

Presenter: Sheila Tucker, MA, RD, CSSD, LDN
Boston College Dietician

Stress and Meditation - presentation



February 22
Conte Forum Shea Room
12:00 p.m. – 1:15 p.m.

Stress is a part of life and can motivate us to move ahead. But it can also become excessive. In this workshop, we will discuss ways to reduce stress and will practice a technique called "distraction-meditation." This method has been used by over 5,000 BC students in the past thirty years and produces powerful relaxation, focused attention, and enhanced good health.

Presenter: Joe Tecce, Associate Professor,
Boston College



Know your Numbers Biometric Events - drop in

MARCH

Wednesday March 7
Recreation Complex
8:00 a.m. – 4:00 p.m.

Monday March 19
Heights Room
7:00 a.m. – 3:00 p.m.

APRIL

Tuesday April 17
Murray Function Room
9:00 a.m. – 5:00 p.m.

Wednesday April 25
2101 Commonwealth Ave
7:00 a.m. – 10:00 a.m.

Wednesday April 25
Barat House
11:00 a.m. – 3:00 p.m.

Featuring **Biometric Screening, Online Health Questionnaire and Health Coaching.** Your cholesterol, blood pressure, blood sugar and body mass index measures are key indicators of your risk for major illness. Harvard Pilgrim clinical staff will provide a free screening of these key numbers for employees.

continued ►

Register for HEALTHY YOU Sessions in person in the Campus Recreation Member Services Office, call (617) 552-0797, or e-mail Campusrec@bc.edu.



**BOSTON
COLLEGE**



**Harvard Pilgrim
HealthCare**

Earn your \$75 Visa gift card and complete the health questionnaire (HQ). You can use your numbers to then take Harvard Pilgrim's HQ. Completing the HQ is voluntary. Responding to the confidential HQ can provide you with valuable information about your health and lifestyle.

Make a Plan with a Health Coach and Earn \$50. A certified Harvard Pilgrim Health Coach helps Harvard Pilgrim members set and achieve health goals related to blood pressure control, weight management, exercise, cholesterol management, nutrition and smoking cessation, as well as stress reduction and life balance.

The biometric screenings, HQ and health coaching are confidential and will be conducted by Harvard Pilgrim. Boston College does not have access to your personal health information.

Incentives are available for both employees and spouses. For more information, visit www.bc.edu/healthy-you.

MAY

Employee Introduction to Campus Recreation Fitness Programming



May 1
Flynn Recreation Complex
12:00 p.m. – 1:00 p.m.

Join Assistant Director of Fitness and Wellness Lauren Scheinfeldt, for a basic introduction to the group fitness, small group and personal training options offered through Campus Recreation. Lauren specializes in women's fitness, sport-specific training, marathon training, weight loss, lifestyle change, and overall wellness and can help you set and attain your fitness and wellness goals. Please wear workout attire.

Get Ready, Go!



May 31
Conte Forum Shea Room
12:00 p.m. – 1:00 p.m.

Feeling out of shape? Participants will learn how to successfully get in shape from a health professional. Each participant will gain an understanding of the importance of warming up and stretching, along with tips about how to stay healthy and maximize the cardiovascular benefits of their activities.



Free online videos to improve your health!

Visit www.harvardpilgrim.org/bostoncollege for links to these brief online videos:

- Back Care Basics
- Diabetes Portion Control
- Everyday Stress Management
- Strategies for Quitting Smoking
- Mindfulness
- Yoga video

2 TIPS TO HELP TAKE THAT FIRST STEP



Put these activities in your calendar now. Schedule them as you would a professional meeting.



Find a buddy. Talk to a colleague about the activities and commit to attend together.

2012 FITNESS PROGRAMS

We are committed to making a difference in the quality of employees' lives by offering a diverse selection of fitness programs at the Flynn Complex and Quonset Hut. Take advantage of this important health enhancing benefit and enroll in a class below that is compatible with your interests and lifestyle.

Visit <http://www.bc.edu/campusrecreation>.

Group:

BC-X Fit
Cardio Jazz Funk
Chiseled
Core Fusion
Hatha Yoga
Iyengar Yoga
Kick & Sculpt
Kickboxing
Power Pilates
Power Yoga
Spinning

Spinning Express
Spinoga
Step & Sculpt
Street Hip Hop
Sunrise Yoga
Total Body Conditioning
Vigorous Vinyasa
Vinyasa Flow
X-Fit
Zumba

Small Group:

Biggest Loser
Fit Over 40
Fitness 101

Lifting 101
Triathlon Training
Ultimate Strength and Conditioning

For descriptions of these and additional programs added during the semester, visit www.bc.edu/campusrecreation/fitness/programs.htm or www.bc.edu/bc_org/ath/plex/fitness/spring2012.pdf.

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